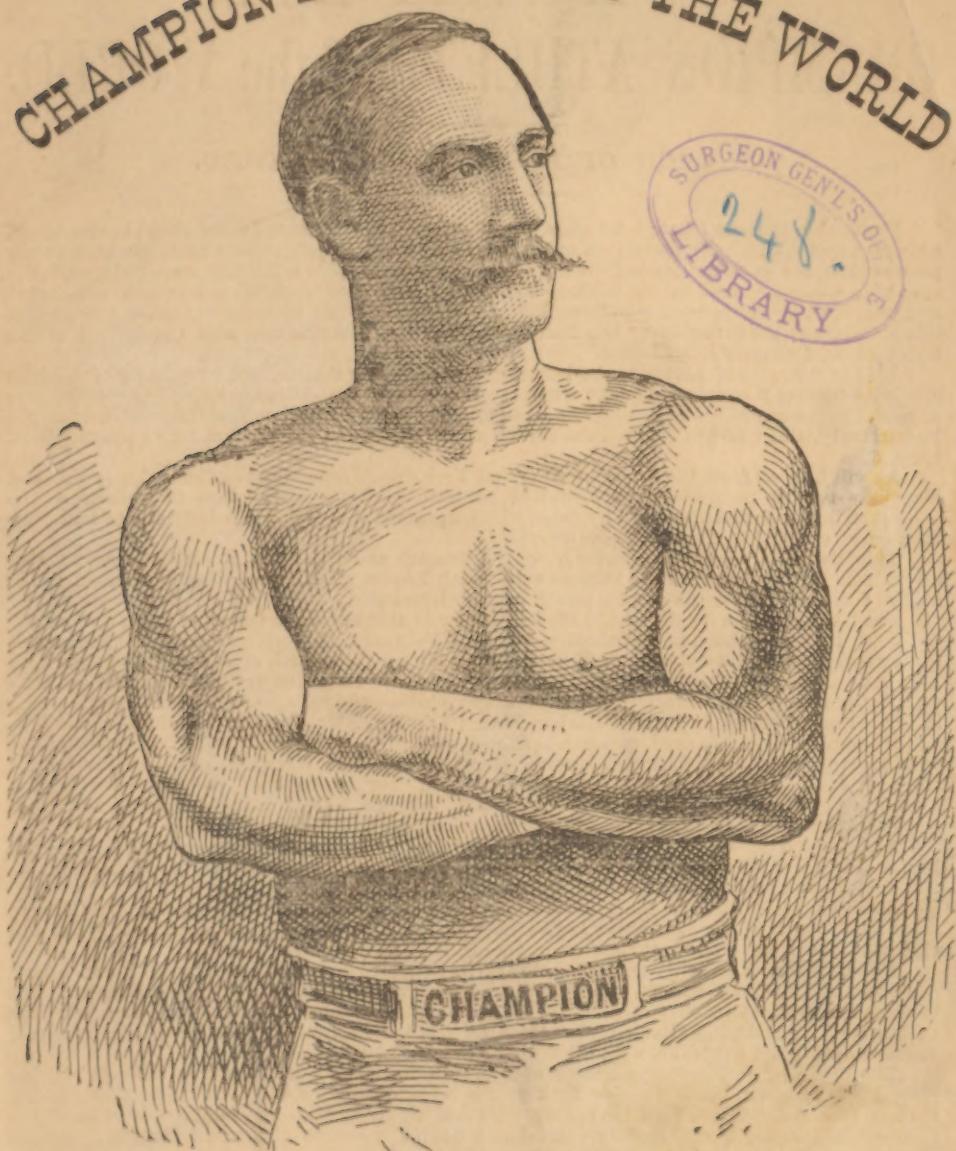


J. M. LAFLIN,
CHAMPION ATHLETE OF THE WORLD



INVENTOR OF THE PATENT

PARLOR ROWING APPARATUS.

Patented June 19th, 1877.

PRICE, COMPLETE,

\$10.

35 Union Square, (Broadway side), N. Y.

J. M. LAFLIN, CHAMPION ATHLETE of the WORLD.

SKETCH OF HIS LIFE AND RECORD.

Physical excellence (though we often, too often, neglect its culture in ourselves) is always appreciated by us, and by the world, in others. The hero of antiquity whose fame has been justly preserved to the present day is Hercules; and there is no Bible saint half so popular with the masses as Samson. And among the long list of men who have excelled in strength, endurance and physique, there are none who have surpassed, in any or all of these points, the subject of this sketch, and the inventor of the Patent Parlor Rowing Apparatus and Condensed Home Gymnasium, Professor J. M. Laflin.

We say "Professor" Laflin, for he is not only a practising athlete, but a professor of athletic sports—a teacher merely—and a man who possesses more than ordinary knowledge of the laws of health and strength—a man who has observed closely and studied faithfully the laws of the human body, and who has reduced the results of his study and observation into a philosophical system.

As will be seen from the interview of a New York *Herald* reporter with Mr. Laflin (published elsewhere in this pamphlet), the Professor holds decidedly original views of his own on the subject of muscular training and hygiene, which opinions are, from their earnestness and common sense, entitled to respectful consideration.

This invention, the Patent Parlor Rowing Apparatus and Condensed Home Gymnasium, also serves conclusively to prove the success with which Professor Laflin has devoted himself to the study of the physical needs of nineteenth century humanity.

But let us give the details of the life and career of this noted Professor of human physics.

J. M. Laflin was born in Manchester, England, February 11, 1848. He came to America at a very early age, and devoted himself to athletic and aquatic sports, combining, however, with his youthful energy in this direction a physical prudence and moderation seldom united with physical powers. As a professional he has taught club-swinging, sparring, sword exercise, etc., at Notre Dame College, Ind.; Ann Arbor, Mich.; London, Nice, Paris, and Vienna.

He won his first race as an oarsman at Chicago, in 1876. Since that period he has contended with on the water, and defeated, Messrs. Haggerty, Preston, Wampole, Lord, of Boston, and Rogers. He has no living equal as a club-swing. He is the confessed champion of the world, possessing twelve medals, together with a valuable leather belt, with gold mountings, presented by the English Life Guards in the name of the United Kingdom.

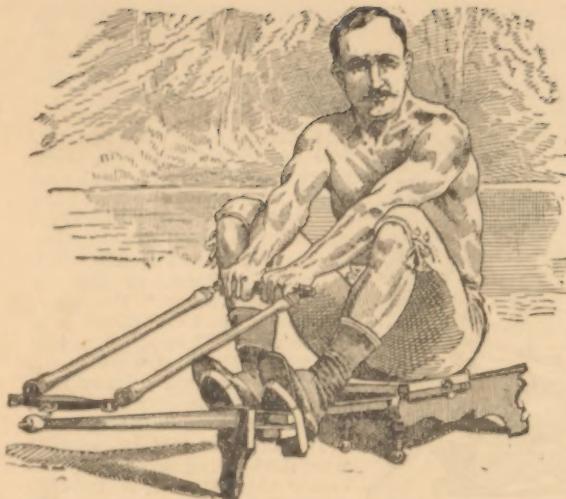
At a match in Chicago with Wm. Reilly, Professor Lafin swung 20-pound clubs for one hundred and five minutes, making 65 revolutions per minute for one and three-quarter hours, a feat never even nearly attained before.

At Gilmore's Garden, in the famous athletic tournament, the noted pugilist, Joe Coburn, attempted to stand before Professor Lafin in a glove contest, but, to his own utter surprise and chagrin, Coburn was in a short time utterly annihilated as a boxer.

The Professor is not only an athlete, but an artist. He has served as a model for such men as Jerome and Bartlett, of Paris, and Foley, of London, while he has also given public exhibitions of animated statuary before the Queen of England and the Lord Lieutenant of Ireland. His tableaux of "The Dying Gladiator," "Ajax Defying the Lightning," etc., have been received, whenever exhibited in public, with the most pronounced enthusiasm.

The Professor is likewise an actor of considerable merit. In "As You Like It" he has several times appeared before a New York public with deserved *eclat*. Nor has Professor Lafin ignored the intellectual side of his nature. He is a highly educated gentleman—speaks all the Continental languages with facility—and has attended a course of medical lectures. He has travelled extensively, and has visited every part of the civilized globe.

In form he is a model of manly beauty, having been awarded in Vienna, in 1873, the first prize for perfection in figure and physique. A vivid idea of his face and personal appearance will be derived from the portrait on our title page, and a correct estimate can be formed of his physical development by stating that he is above 6 feet 2½ inches in height, measures 45½ inches around the chest, 17 inches around the biceps, and 14½ inches around the forearm. In brief, J. M. Laflin is one of the rare men who illustrates his own means in his own person.



Using sweep or single oar—slanting position.

NO ONE SHOULD BE WITHOUT

THE MOST COMPLETE

Rowing Apparatus

IN THE WORLD.

THE ONLY APPARATUS

THAT AFFORDS

A Perfect Development

OF THE

WHOLE HUMAN SYSTEM.

Be sure and observe the directions for putting the Apparatus up before using.

Professor Laflin the inventor of the Parlor Rowing Apparatus, who for the past ten years has taught club-swinging, rowing, sparring, and other athletic exercises, and who received the First Award at the Vienna Exhibition, in 1873, as the "model man," being then perfect in form, places before the public his Parlor Rowing Apparatus, which he considers the best exercise yet invented for the gradual development of the muscles in all parts of the body at the one time—not the mere developing of one part of the body at the expense of the other, but all in unison, which is the Gymnasium condensed into one article—viz., the Parlor Rowing Apparatus.

Professor Laflin has taught in Paris, London, Nice, and other European cities, and in some of the principal colleges and institutions in America, and he proposes in this circular to give some very necessary hints on physical culture that will be beneficial to the present and succeeding generations.

It is a matter of common remark that too many persons have, by too precipitately "going in" for hard exercise, seriously injured their health for life, which is true. As I am not here writing for professionals, but for amateurs and people in general, I will content myself by laying down a few simple rules, by following which you will soon find yourself in a fine physical condition.

As to diet, your own common sense, and not your inclination, must be considered. As to time of feeding, the earlier you have your breakfast the better; and if you can dine at midday, do so; if you cannot, take a light lunch. Avoid anything approaching to a heavy supper as carefully as you would taking hard exercise on a full stomach. In the one case you get the nightmare; in the other, you would injure your mind; and in both, your digestion. Attend particularly to the state of the stomach, and accommodate your diet to its circumstances. If you feel worried in your mind, exercise will nearly always be found, if not entirely to remove, at any rate to ameliorate, your anxiety. Many a man, who otherwise would have sat at home nursing his grief unavailingly, has, by a little brisk exercise, increased the flow of his spirits, improved the action of his liver—and all people with sluggish livers are prone to melancholy—and caused himself to take a more hopeful and wholesome view of his circumstances. What can be effected by systematic training is something wonderful. Boys and men, girls and women—at first puny, delicate, wheezy, pale-faced, feeble mortals enough—have become, merely by attending to a few simple rules, strong, hale, active, ruddy, and in full enjoyment of all their faculties, half of which, until they discovered that exercise was to them the one thing needful, and as such their best physician, were completely lost to them. I will venture, unhesitatingly, to say that hundreds of young people who in this great city die of consumption, could they only have been persuaded to put themselves through a little mild training, would have lived to thank him who gave them the advice.

To people of sedentary occupations, which necessarily tend to contract the chest, and so to lessen the requisite quantity of air they should get into their lungs, the use of the Rowing Apparatus is invaluable. No person, be he man or boy, if he has neglected proper attention to





Using the Scull Oar—Finish Position.

will find his chest broader, his respiration more free, his legs, arms, back and loins stronger; and the mere feeling that he is alive and well, strong and hearty, of itself will be a pleasure such as none but those who have tried it ever know.

Let those who love life cultivate a well-formed, capacious chest. The student, the merchant, the sedentary, the young of both sexes—aye, *all*—should have a Rowing Apparatus upon which to stretch themselves daily, and I am morally certain that if this were to be practiced by the rising generation, in a dress allowing a free and full development of the body, thousands, aye, tens of thousands, would be saved from consumption.

If I were asked to answer in what, in my humble opinion, lies the true secret of health, I should frankly answer in two words: Exercise and Moderation. As I don't suppose my readers are likely to become professional athletes, capable of performing feats to set New York staring, I have not thought it necessary to go into more lengthy details on training. After a few weeks' exercise with the Rowing Apparatus, it will be found that the skin becomes soft, smooth and elastic; the flesh firm, and the spirits light and cheerful.

The importance and usefulness of gymnastic exercise as an adjunct to training, and as a means for preserving health and vigor, cannot be too highly estimated, or too frequently enforced. But as every one has not ready access to a Gymnasium, some system that is within the reach of all, and that may be practiced at home in all seasons, is very desirable. Such a system is presented by Professor Laffin in his Parlor Rowing Apparatus.

On rising in the morning take an ordinary wash, and then, in clothes not to be worn during the day, sit down and have your exercise on the Rowing Apparatus; after which a sponge bath and good rubbing down will be found advantageous. Use a little salt in the water, as it hardens the flesh, and, being a disinfectant, protects the body against sickness. I must explain that all jerking motions are to be carefully avoided, as they have a tendency to injure the muscles. The steady, regular movements which can be practiced on this apparatus have a direct tendency to give freedom to the flexors, extensors, pectorals, and shoulders. It is almost impossible to overestimate the great service rendered to training by the use of this instrument. A few minutes' practice daily will be found equally beneficial to the strong man, the delicate woman, or the young child, who may equally enjoy the exercise afforded by this novel and valuable instrument, without experiencing any sense of fatigue; and as a relief from lassitude, I know of no contrivance so easily adopted, and so entirely free from all objection, and so well adapted to the purposes for which it is designed. Exercise—gentlemen, from three to five minutes; ladies, two to three minutes—taking it in different ways, evening or at any time convenient, never less than an

regularity of diet, sleep, and exercise, can hope to become a new creature all at once. But severance will remedy most evils of this kind, if not of too old a growth. A month's quiet preliminary training will work marvels. The eye that before was dull, heavy, bilious-looking, weak and watery, will soon grow bright and clear with the keen, confident glance of health. The complexion that before was muddy, spotted, unhealthy red, or pale, or sallow, will assume the clear, fair hue of good condition.

The skin will improve in like manner. The quickness with which perspiration dries on rubbing with towels after exercise is a good test of such improvement.

The muscles that before were mere flabby, useless sinews, miserably shrunken from nature's originally fair proportions, will enlarge day by day perceptibly, and the man or boy who but a short while ago slouched along almost as though the least exertion was a dreary trouble to him

hour after eating. A rub down with a coarse towel will be found both beneficial and exhilarating. Use a little common salt in the water, and a sponge, which will harden the flesh, and prevent cold and rheumatism; and all diseases due to imperfect circulation, from whatever cause, such as dissipation, liver complaint, rheumatism, gout, loss of sleep, nervousness, general debility, narrow chest, round shoulders, weak back, etc., guaranteed a cure if instructions are faithfully followed.

DIRECTIONS FOR PUTTING THE MACHINE TOGETHER AND USING.—The Machine is composed of three parts, numbered one, two, and three.

Take the pole (No. 1), place it under No. 2; place cast-iron foot-rest between Nos. 1 and 2. Then take the accompanying leg, pass through the casting, and screw firmly from the bottom, making a rest and support for the foot-rest. Never use the machine without being fastened to the wall. Place the accompanying screw-eye over the hook, and mark on the base-board the right height, then screw in the wall secure. Always oil the grooves upon which the seat rests before using.

An excellent exercise is to turn the back to the wall and pull or throw your body forward. Another exercise: placing a handle on each end of the rubber will make a chest expander; then dumb-bell exercise by placing one hand on the thigh and forcing the other upward.

Then take the hooks for the wall and place them a little above the head, and the width of shoulders apart. Then you can pull them in any way you may wish.

If you want to make a lighter pull, you can take and attach the two rubbers together by an **S** hook, and, used in that way, you can get a lighter and easier exercise, and never jerk the rubber or pull out to the full length.

ROWING.—After assuming position as seen in cuts 1 and 2, to imitate the rowing motion, the legs are extended, while at the same time the arms are down towards the body, then an easy forward and backward motion is obtained, which should not be continued so as to cause fatigue.

To convert it into a Health Lift, take the seat off and turn it upside down; fasten the rubbers to the two eyes, at the sides; stand upon the bottom part of the seat, and lift up and down at will; lower the hands on the stretchers to make a heavier lift. Never lower the hands more than six inches below the handles in making a heavier lift.

The use of this machine in conjunction with the Russian Bath is a certain method for the reduction of fat. Patrons will find excellent accomodations at Dr. Ryan's Russian Bath Establishment, 18 Lafayette place.

The Rowing Apparatus is made of fine black walnut, has a thirty-inch slide, is but eleven inches wide, giving you the same exercise you get in a shell or race boat. You can detach the stretchers, and use them on the wall, as in dumb-bell exercise; they can also be used in many other ways, as the ingenuity of the person may suggest—in each and every way furnishing healthy exercise and social amusement.

J. M. LAFLIN.

It has been found especially serviceable in **DISEASES OF THE UTERUS, STOMACH, BOWELS, NERVES, LIVER, IRREGULARITIES, PROLAPSUS, BACKACHE, HYSTERIA, CONSTIPATION, BILIOUSNESS, VERTIGO, SPINAL IRRITATION, SICK HEADACHE, CATARACH, HERNIA, NERVOUS PROSTRATION, RHEUMATISM, GOUT, DYSPEPSIA, NERVOUSNESS**, and all other diseases arising from want of physical exercise, and a **PREVENTIVE OF PARALYSIS**.



The Health Pull—Developing the Muscles of the Chest and Loins.



Backward and Forward Motion—Developing the Arms and Loins.

Ladies' and children's Rubber Stretchers, with handles and screw eyes, \$3.50.

Gentlemen's Rubber Stretchers, with handles and screw eyes, \$4.

PRICE OF

Rowing Apparatus, complete, \$10.

Sent on receipt of Post Office Order to any part of the world.

First-class Agents wanted in every City and County in the United States.

Special arrangements will be made with School Officers, Gymnasiums and Clubs desiring a supply of the Apparatus.

N. B. — Mr. Laflin's Imported English Ventilated Boxing Gloves always on hand; the best in use. Price, \$7.50

TESTIMONIALS AND REFERENCES.

We append a list of references from our first Oarsmen and Athletes, who highly recommend the **Patent Parlor Rowing Apparatus** for muscular development, and also testimonials from the best medical talent in the country as to its efficacy as a curative agent:

THIS System of Exercise is indorsed by HALL'S JOURNAL OF HEALTH as being healthful, and certainly most excellent for in-door amusement.

I CONSIDER the Parlor Rowing Apparatus to be the best exercising invention I ever saw or heard of.

Yours, etc., G. NILES ARNOLD, M. D.,
SEPT. 11, '77. 105 East Seventy-first street.

I MUST say that I have been all my life one of the strongest advocates of the Methodical Gymnastic, based on scientific principles, but unfortunately this capital point of hygiene is much neglected for want of time and proper convenience. Your Parlor Rowing Machine has resolved entirely not only the problem of time, with simplicity of the apparatus, but also thoroughly attained the scientific object.

It is very easy for any person to have one placed in his room, and practicing regularly every day, he will soon find the beneficial effect.

I am, sir, yours truly, A. ANDREI, M. D.,
Oct. 13, '77. 49 East Twenty-third street.

PROF. LAFLIN—I am much pleased with your Patent Parlor Rowing Apparatus. As a means of exercising, strengthening the muscles of the chest and all parts of the body, it is excellent, and is becoming very popular in Colleges and Schools. A device so simple and efficient, and yet so inexpensive, commands itself to every one.

G. G. BURT,
9 West Twenty-Ninth street.

PROF. LAFLIN—Being somewhat infirm, I was recommended to use your Rowing Apparatus, and I must say in justice to the same, that it has brought me around wonderfully the past month. I therefore feel grateful to you for so important a discovery, as I expect soon to enjoy perfect health once more.

THEO. A. WADSWORTH, 42 West 33d St.

PROF. LAFLIN—The Patent Parlor Rowing Apparatus is a perfect gymnasium in itself—it has done me so much good. Since I commenced its use I am much stronger, in far better health, and not so subject to fatigue. I only hope it may be as beneficial to others.

O. SELLICK, 145 East 21st street.

NEW YORK, July 18, 1877.

PROF. J. M. LAFLIN, 31 Union Square:

Dear Sir—From my experience of the benefits to be derived from a systematic and intelligent use of the Parlor Rowing Apparatus, I do not hesitate to commend it to persons suffering from diseases incident to a want of exercise, and to all persons engaged in sedentary employments. It develops and hardens the muscles, strengthens and steadies the nerves, and tones up the whole physical system, thus enabling it to resist disease.

Yours truly,

C. E. LOCKWOOD, M. D.,
60 West Thirty-sixth street.

PROF. LAFLIN—Having been in training for the past twenty-one years, I have used every athletic facility, including dumb bells, Keboc clubs, weights, and every thing known to the profession; and I have found nothing to equal your Rowing Apparatus; therefore I highly recommend it to all persons, both young and old, male and female, as the best available means to increased health. As I am about sailing for Australia I will secure two of your Apparatuses to take with me.
JUN 1877. Yours, etc., JAMES MACE.

PROF. LAFLIN—I have used, and recommend the Patent Parlor Rowing Apparatus, and consider it the most valuable method of promoting the growth of the muscles, the expansion of the lungs, and that active and vigorous circulation of the blood upon which sound health so largely depends.

E. E. PERRY,
Wheeler & Wilson Sewing Machine Co.

NEW YORK CITY, July 12, 1877.

USED AND RECOMMENDED BY SUCH MEN AS

OLIVER W. HOLMES, M. D., Harvard University.
AUSTIN FLINT, M. D., New York.
DR. J. G. HOLLAND, Editor *Scribner's Monthly*.
“ VAN BUREN, New York.
“ DIO LEWIS.
“ SAYERS, New York.
“ WHITE, New York.
“ WOOD, New York.
WM. FRED'K HOLCOMBE, M. D., New York.
R. OGDEN DOREMUS, M. D., New York.
P. TRUAX, Oarsman.
REV. J. HALL, New York.
“ DR. MORGAN, New York.
THEO. A. WADSWORTH, D. D. S., 42 West 3d St.
HENRY WARD BEECHER, New York.
REV. S. H. TYNG, New York.
KEARNEY BROS., Hembold M. Co.
WILLIAM CURTIS, Champion Lifter of the World.
GEO. ENGLEHARDT, New York.
DICK PENNELL, New York.
JAMES RILEY, Amateur Champion of America.
BILLY EDWARDS, Champion of Light Weights.
F. PLAISTED, Greenpoint, N. Y.
FAMOUS WARD BROS.
EUREKA ROWING CLUB, Newark.
GRAMERCY ROWING CLUB, New York.
PROF. COOK, Yale College.
NASSAU BOAT CLUB.
CHAS. E. DUNBAR, Stroke Argonauta Crew.
FRANKLIN L. GUNTHER, 184 Fifth Avenue.

The simple and original views of Professor Laflin in regard to muscular training and physical hygiene are forcibly and fully set forth in the following interview with a *Herald* reporter. The interview is herewith published, *verbatim et literatim*, as it originally appeared in the New York *Herald*.

MUSCULAR CHRISTIANITY.

The Errors in the Present System of “Training” Demonstrated—Views of a Professional Athlet—Popular Fallacies on Diet and Exercise.

One by one the cherished ideas of our younger years are being uprooted, the delusions of our youth dispelled. The myths of ancient Roman history have been shown to be but myths; Nero has been transformed into quite an amiable being; so have Lucretia Borgia and Henry the Eighth; and now we are informed that many of the maxims concerning physical training which have been received and acted upon as axioms since our childhood are based upon mistakes, and that not only doctors,

DOC. WITHERS, Atlanta Crew.
J. ROSS, Canada.
T. DONOHUE, Newburg.
A. WALTERS, Albany.
ERNEST STAPLES, New York.
MR. MCNAMARA, Y. M. C. A. Gymnasium.
HARRY WRIGHT, Boston.

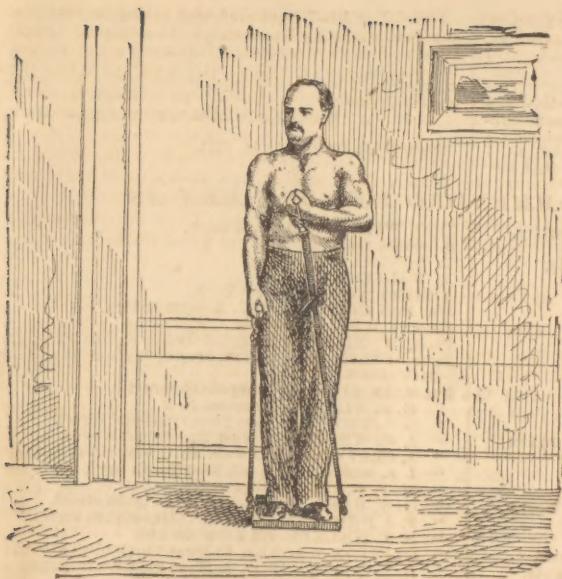
PROF. W. MILLER, Champion Greco-Roman Wrestler.
PROF. O'NEIL, Racket Club, corner Sixth Avenue and 26th Street.

DR. MAIN, 23 West Twenty-third street.
“ H. B. WILBUR, Syracuse, N. Y.
“ G. C. BROWN, 28 East Twenty-second street.
“ J. W. WRIGHT, 53 West Nineteenth street.
“ A. CLEVELAND, 59 West Thirty-eighth street.
“ J. A. MOLACHLIN, 401 East Tenth street.
“ M. T. SCOTT, Lexington, Ky.
“ G. W. DANA, 106 West Twenty-eighth street.
“ F. J. BUMSTEAD, 24 East Thirty-eighth street.
“ H. T. WALKER, 204 Fifth Avenue.
“ CLINTON WAGNER, 53 West Thirty-fifth street.
“ H. F. QUACKENBOS, 39 West Eighteenth street.
“ LOZIER, 238 West Fourteenth street.
REV. H. F. McCABE, St. Bridget's Church.
“ CHAS. DUROCHER, College of Ottawa.
“ A. J. DONNELLY, 283 Ninth Avenue.

Many clerical gentlemen and laymen, in indorsing the Patent Parlor Rowing Apparatus, speak of it as a pleasant and invigorating pastime, and highly recommend its use to all.



Exercise for the Back and Chest—Sliding the Seat Backwards and Forwards.



The Seat Reversed—The Rubbers attached to each side of the Seat—Developing the Arms.

but professional athletes, oarsmen, and others, have been pursuing in many respects a wrong course in reference to physical culture and the attainment of perfect health and strength.

J. M. Laflin, now in this city, has been a professional athlete for ten years in this country and in Europe. Considered physically, Mr. Laflin is a model of a man, literally "a model," as he has "posed" for Jerome, Bartlett, and Foley. He stands six feet two and a half inches in his stockings, weighs 220 pounds, and can swing a fifty-pound club with the greatest ease. He has never seen a sick day in his life, barring the diseases incidental to childhood. Now, as he attributes all his health and strength to his own system, which is the result of world-wide experience and observation, it is evident that a glance at this system by which in due time similar results, he claims, can be obtained by all who practice it faithfully, a survey of those points in which this system differs from the systems of physical training and culture now in vogue must be of value to all those interested (and who is not?) in the subject of physical perfection.

RARE MEAT NOT WHOLESAOME.

On the subject of diet the system advocated by this athlete differs essentially from that generally in use. It is the common practice to consider rare meat as more strengthening than well cooked meat; but this, he holds, is a great mistake. "In the first place," he said, in an interview held by a representative of this paper with him, "there are at the present day many young men who are preparing or training for athletic pastimes or pursuits who naturally apply for instruction as to diet to some professional athlete, who gives them the stereotyped advice, 'Eat plenty of rare meat.' Now this advice would be all well enough, perhaps, if the stomach of the one asking advice was as strong as that of the one giving the advice; but it is not, of course, and so, as it requires a great deal of tone and strength in the stomach to digest rare meat, the beginner in athletics finds himself unable to digest the rare meat which he eats.

"Then, in the second place," continued the athlete, "nothing is well digested in the stomach against which the palate revolts. In many instances—myself, for example, at first—the taste of very rare meat is very unpalatable indeed, and to overcome this difficulty recourse is had to all sorts of spices and condiments to render it more pleasant. Most spices and condiments are pernicious in the long run to digestion, and so rare meat eaten under these conditions becomes positively injurious.

"Meat ought to be neither rare nor what is called well done, but medium, so as to be palatable without spices, etc., while at the same time it retains a large share of its natural juices.

"More harm has probably been caused by this notion of rare, underdone, bloody meat being wholesome than by any other idea on the whole subject, and the very first thing young men, especially young men luxuriously nurtured, who take a personal interest in athletics should do is to abjure this notion altogether."

EARLY RISING AND EXERCISING INJURIOUS.

"Again, as to the point of the time of taking exercise," continued the athlete, "there are several serious errors held on this branch of athletic training. Thus, it is now very generally believed that the very best time for exercising is early in the morning, before the sun is up. We are told that we should row, for instance, before breakfast. Now all this is a great mistake, as

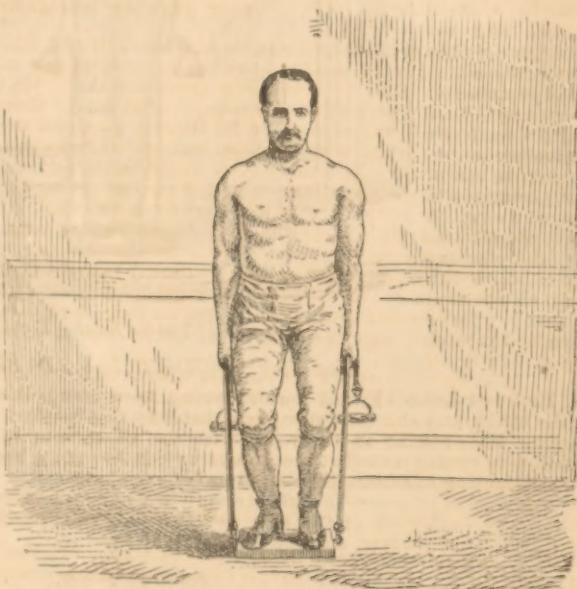
will be seen it must be, if one will only reflect. The air is unwholesome and damp before the sun has risen. The sun is the great purifier of the atmosphere, and before he rises the air is full of impurities, and of the seeds of miasma. It takes half an hour or so for even the sun to get rid of these nuisances, and if a man goes out and works violently before the sun has done the disinfectant business for him he runs a decided risk of catching some malarious or chest disease. Again, few people not professional athletes are able to endure the fatigue of severe exercise upon an empty stomach, especially early in the morning, when the system is at the weakest. I was forced, in my day, to exercise several hours before breakfast, taking a twenty-mile walk, or something of that sort, but I came back often more dead than alive, and I know that altogether it did me more harm than good. The proper way, undoubtedly, is to rise at a moderate hour, take a light breakfast, and then, after that meal has digested, take your exercise. Then the stomach is in good condition; then a man can work without harming himself, and do good work."

INJURIOUS METHODS OF "COOLING OFF."

"There are other points of practice now in vogue, especially among oarsmen, which are absolutely pernicious. Thus, it is the general habit when an oarsman brings a boat in, after exercising, to devote a few minutes to his boat first, then to attend to rubbing himself down afterward. This is simply putting the cart before the horse, as a man is of more importance than his boat, and should never allow himself to cool down or the pores to close before the refuse matter brought to the surface by perspiration is wiped away. Then, again, a great many young oarsmen are trained to dive into the water immediately upon coming in from their exercise—upon what they suppose to be the principle of shock and reaction, as in the Turkish and Russian baths. But this is all very, sometimes fatally, wrong. In the Russian and Turkish baths, after being acted upon, the system is at once reacted upon correspondingly; but in the case of the heated oarsman leaping suddenly into the cold water, and then coming out to the natural temperature of the air, there is shock without a corresponding reaction, and the consequence must be pernicious. It was this that caused the death of young Maxwell recently, a most promising oarsman, who, leaping from his boat into the water, took a congestive chill, and died in the hospital. Every year there are many young oarsmen killed by the injurious system now in vogue of 'cooling off.' Quick consumption thus contracted is among the most common of diseases. The proper, sensible method of 'cooling off' a man is to cool him off as they do a race horse—rubbing him slowly, cautiously—and in the man's case using plenty of salt in the water with which he is sponged. A pint of salt should be used to a pail of water, and this salt should be put in some time before it is used, so as to be thoroughly dissolved; and during the cooling process moderate walking should be taken under a blanket. There should be no sudden shock or change from intense exercise to perfect rest; the process should be gradual. The 'cooling off' process is by far the most critical step in the training of an oarsman, or any athlete, and yet it is that process which, of all others, seems to be most neglected or misunderstood."

"Finally," said our athlete, in conclusion, "the great cardinal principles of all training are simply common sense and temperance in exercise; and the only points in which I differ from my brother athletes are simply those points in which they have departed from these essential requisites."

It must be said of Mr. Lafin that he is thoroughly in earnest, and that for years he has practiced his own theory, and attributes all



The Health Pull—The Rubber is used as pulleys, below the Handles. The Starting Position. This exercise should be repeated some eight or ten times.

his success to a rigid practice of the points referred to in this article. He is certainly a superb specimen of physical culture, and views from such a source on such a subject are worthy of, at least, attention.

Professor Laflin has naturally enough attracted largely throughout his career the attention of the Press. His invention, the Patent Parlor Rowing Apparatus, has also been extensively and favorably noticed, as will be seen from the subjoined

OPINIONS OF THE PRESS.

MISCELLANEOUS.

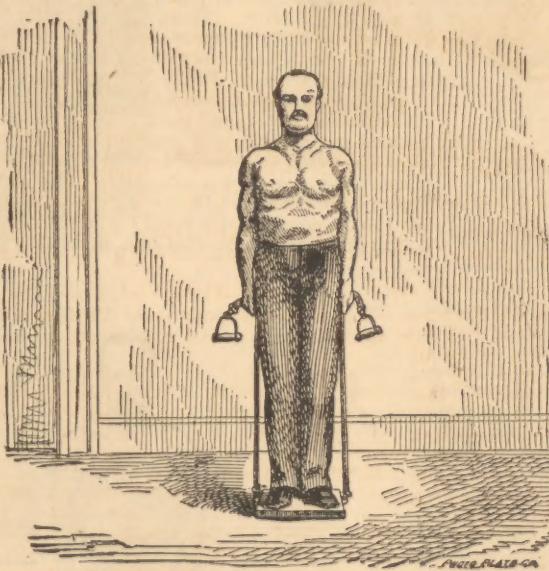
LAFLIN'S PARLOR ROWING APPARATUS.

From the "SCIENTIFIC AMERICAN."

To persons who have not ready access to gymnastic exercise, and desire a means for preserving health and vigor, the Rowing Apparatus invented by J. M. Laflin, New York city, is especially adapted. It can be readily used even in a small room, and the steady, regular movements which can be practiced on the apparatus have a direct tendency to give freedom to the flexors, extensors, pectorals and shoulders. A slight change converts the machine into a health lift. It can also be used in many other ways, and in each

and every way furnishes healthy exercise and social amusement.

Prof. Laflin's Patent Parlor Rowing Apparatus is confessedly the most complete of apparatuses. It develops the whole body. It can be taken apart; its parts can be applied to fifteen different exercises; it is a complete gymnasium; it is pronounced by the leading physicians to be the perfection of exercise; it is health, exercise and amusement combined, all for Ten Dollars.—*N. Y. "Evening Mail."*



The Health-lift at the finish—Front View.

New York "COMMERCIAL ADVERTISER."

Professor Laflin's Patent Parlor Rowing Apparatus is the most complete rowing apparatus in the world, and the only apparatus that affords a perfect development of the whole human system. It is rowing in the room, with the advantages of rowing on the water; while, in addition to rowing exercise, the apparatus can become a health lift, a dumb-bell, or a gymnasium, admitting of fifteen different styles of exercises.

It is *multum in parvo*—health, strength and amusement available in the space of eighteen inches. Dr. Lockwood, of this city, pronounces it less tedious than the health lift, less exhausting than the gymnasium, and the perfection of exercise.

Saratoga Paper.

This new invention or method is simply "rowing on dry land," just as roller-skating is skating without ice. Mr. Laflin's apparatus may be called a parlor boat, and through its instrumentality a man or woman can derive all the physical advantages of rowing indoors.



The Health-Lift at the finish—Back View.

Laflin's exercise, and is considered by him as offering the very best still-life exercise for men and women of sedentary habits. Better books in our pulpits will give us better sermons.—"Christian Advocate."

From "BEECHER'S MONTHLY."

FOR BEST MASS OF EXERCISE
BEING COMBINED WITH GYMNASIUM,
BY ALL
CALLS THE BEST APPARATUS EVER
DESIGNED FOR HOME EXERCISE. The
EDITOR OF "THE MONTHLY," FROM PRACTI-
CAL EXPERIENCE, CAN RECOMMEND THIS
UNIQUE, INGENIOUS AND PERFECT
MEANS OF INVIGORATION AND RECUPERATION.
EVERY MAN WHO WORKS
HARD WITH BRAIN OR BODY NEEDS ONE.

EDITOR'S TABLE.—We have ex-
amined with much interest the
Patent Parlor Rowing Apparatus
invented and manufactured by
Prof. J. M. Laflin, 31 Union Square,
New York. We have never seen
anything of the kind, in so com-
pact a form, that can give so much
vigorous and healthful exercise.
It is sold complete for ten dollars.

The Patent Parlor Rowing Apparatus is a system of harmonious and simultaneous exercise of the whole body. Every muscle is brought into use at once, and each in proportion to its relative strength. And so connected are the vital organs with the muscular

For years it has been the aim of athletes and professional men to invent some exercising apparatus which it would be a pleasure to use and which would also afford a perfect development of the human system. It fell to the lot of the gentleman whose picture we place before our readers, as he appears in exercising costume and using his Patent Parlor Rowing Apparatus, to give to the world a combination of movements in that apparatus which affects for good at the same moment every muscle, nerve, tissue, and organ of the person using it for exercise.—*The Working Church.*

Professor Laflin, the inventor and proprietor of this complete gymnasium, is himself the best physically developed man we ever saw. In repose his body is a symmetrical web of corded thews and sinews; in play, his muscles are knots of iron, and stand out like bold promontories on a rugged landscape. A great athlete, and a successful athletic trainer, this machine is the outgrowth of Professor



The Scull Oar—A variation of No. 2.



The Scull Oar, with Lady, at the finish. Gentleman exercising with Rubber, as Dumb-Bell.

wherever located, and accelerating the nutrition of every organ. It is an equalizer and invigorator—a reconstructor of the tissues of the body and brain. All the elements of a perfect manhood are increased, including not only intellectual vigor, but moral power and social purity. In a word, it is putting a man or woman in possession of themselves.

That Professor Laflin's Patent Parlor Rowing Apparatus must and has received the attention of the men is evident, but the subjoined article, from the pen of one of our most popular female writers, likewise shows that it is entitled to the serious consideration of the ladies.

WHAT THE WOMEN OF AMERICA NEED.

HOW "THE GIRL OF THE PERIOD" MAY OBTAIN "A FIGURE."

SOMETHING BETTER THAN MAMMALIAN BALM OR BREAST DEVELOPERS.

THE WAY TO NATURALLY DEVELOP THE FEMALE FORM.

LAFLIN'S PATENT PARLOR ROWING APPARATUS AND CONDENSED GYMNASIUM.

WHY NO WOMAN SHOULD BE WITHOUT IT.

"Every woman owes to herself the supreme duty of being beautiful."

Such are the words which the great novelist, Balzac, puts in the mouth of one of his female characters, and every woman will instinctively confess their truth.

The American female especially believes in Balzac, at least so far as the above sentiment is concerned; for the American female is confessedly one of the most beautiful creatures in existence.

The American woman is a born belle, and, alike in New York, Philadelphia, Baltimore, Paris, London, and Vienna, she is recognized as the standard of physical loveliness.

In face and general external appearance the young American woman is without a rival—but, alas, only while she is "young." She is the most charming of flowers, but she quickly fades. At thirty years of age she is already aged; she seems old ere she has really reached her prime. At a period when the English or German female is still hale and hearty, and at least in appearance tolerably well preserved, the American woman, particularly the wife and mother, looks "jaded, aged, faded," and appears as it were "a relic of departed days," the mere wreck of former loveliness.

And while superior to the German or English woman in *feature*, the American, even the young American woman, seldom equals her European sisters in *figure*.

tissue of the body, that when all the muscles simultaneously and harmoniously act, the organs themselves receive their appropriate amount of exercise. So distributed is this effort that there is no danger of injurious strains or rupture. It strengthens the weak organs, and expels disease by a gradual, cooperative exercise of the whole body. The strength of the whole body is augmented and equalized, the weak parts are built up, disease is expelled, and the individual becomes uniformly strong, and consequently healthy. It develops power chiefly at the vital centres. All the voluntary and respiratory muscles are brought into harmonious play, expanding the chest, augmenting the breathing capacity, aerating the blood, equalizing the circulation, warming the extremities, and thus vitalizing every part, and, by determining action and circulation to the whole surface, increasing the relative amount of blood in the extreme capillary vessels, thereby removing internal congestions

"The American woman is not fit."—So said an English Duchess, judging from her own observation, and really her ladyship was not so vastly in the wrong.

In the omnibus and omnibus of society in fashion and portraiture of form, the average American belle, spite her radio beauty of face, and general brilliancy of style, is wretchedly deficient. This is a natural result, not by Americans themselves. It is due to the most superficial observer, and the most superficial. This is why the American girl is generally deficient in figure as the most natural result of the malady of the time. The American girl is generally averse to physical exercise.

She hates to walk, just as much as she hates to work. She hates to use her limbs. She is averse to all varieties of physical, manual, gymnastic exercise or labor.

A street along the fashionable side of Broadway, or the sunny side of the Boulevard, is the scene of seeing a walk a mere a-tor-mine hours—she will walk about the house all day and half the night, while an English Duchess will look upon a five-mile walk before breakfast as the merest bagatelle.

But what else is there really disengaged to be helpful, muscle-developing, form-giving, physically-improving and beautifying exercise, the American girl of the period is perniciously averse to the use of mechanical and artificial appliances to remedy the resulting deficiencies of her figure.

In every large and small American city and town various marlins and breast-developers and a ready sure while in general society the use of pads is almost universal. But cotton though deceptive, is no substitute for this. It really deserves no one. Pads are heating and are difficult to arrange and keep in place, for at developers are a nuisance, and mammalian balm is slow and not always sure.

But if our belles will not walk or work, or are disinclined to active physical exertion, and are naturally weak, not beauty of form, as well as claim of face, there is at least one way offered them without resorting to those mechanical and artificial makeshifts; they can avail themselves of the muscle-developing and form-rounding facilities afforded in Professor Laffin's Parlor Rowing and Condensed Gymnasium Apparatus.

This invention is peculiarly adapted for the weaker sex. It offers exercise without exertion. The physical labor it entails is of that graduated character best fitted for females. As truthfully recorded by another writer, "Laffin's Parlor Rowing Apparatus and Condensed Gymnasium can be used alike in the boudoir, boudoir or parlor. It can at any moment be begun or left off, as the will or circumstances may dictate." As regards of our special theme, the development of the female figure, it has a direct tendency not only to strengthen their muscles, but to *develop their outlines*. It not only hardens but expands the chest—it not only improves the health, but the form—it beautifies beyond the power of any cosmetic—it glorifies the figure beyond the power of any balm.

Laffin's Parlor Rowing Apparatus imparts a healthful, handsome color to the cheek—it gives a vital tone to the system and a sprightly expression to the countenance—it stirs the languid pulse, it brightens the eye—it excites the blood and heightens the complexion—it is better than rouge—it is superior to any face-powder known—while its gentle, gradual, but irresistible, effect upon the muscular system is such that it develops, rounds and beautifies the figure, and expands the outlines of form, in a natural and therefore perfect manner, infinitely more graceful than that attained by any balm, pads, patent-heavers, chest-developers, or any other artificial or mechan-



First Movement, from the Wall—Pulling first one Rubber, then the other.

ical means whatever—while its result is not temporary, but permanent—as lasting as the form itself.

Nor, to produce these beneficial results, does it require a prolonged period of time, or any long-continued exertion. On the contrary, the maximum of benefit is derived from the minimum of time. Ten minutes a day devoted to the use of Lafflin's Parlor Rowing Apparatus and Condensed Gymnasium, of which period only three moments need be devoted to direct exercise with the apparatus, are all that is required to attain the desired ends.

Three minutes judicious, steady use of Lafflin's Parlor Rowing Apparatus (before breakfast, and never less than an hour after dinner, or any other meal), clad in a loose gown or wrapper, so as to afford the muscles full play, will accomplish all objects. The body should then be sponge'd with salt and water—a handful of the former to a pint of the latter—an operation which need not consume over seven minutes, or thereabout; and these few minutes repeated conscientiously every day for two months will result in perfect health, increased strength, and fully developed figure, expanding the chest from two to three inches, and always preserving the just proportions of the figure. Surely, therefore, in the near future, Lafflin's Parlor Rowing Apparatus and Condensed Gymnasium will become a familiar object in every American household, prized for its strength-giving by every man, and for its beauty-giving by every woman.

Nor should it be forgotten that, admirably adapted as is the Lafflin Patent Parlor Rowing Apparatus and Condensed Gymnasium for older persons of either sex, it is specially suitable for the use of children, even of the most tender years.

The merest infant could not be injured by the Patent Parlor Rowing Apparatus, while children of from three to ten years of age will be materially benefited by it. Mothers can become "professors," and with the aid of the apparatus can educate their children in the pleasant paths of physical Christianity.

In conclusion, we would remark, that whether regarded as an enter-taining amusement—a developer of feminine figure and beauty—a varied and complete gymnasium in itself—a *medium in parte*—an invaluable aid to the amateur or professional oarsman—an equally invaluable apparatus for the amateur or professional athlete—and the very best thing for the wearied man, the nervous woman, the jaded health-seeker and the growing child—the Lafflin Patent Parlor Rowing Apparatus and Condensed Gymnasium is the completest, the cheapest, and neatest apparatus in the world.

Mind and Health.

The *Science of Health* says on this subject: "The mental condition has more influence upon the bodily health than is generally supposed. It is no doubt true that ailments of the body cause a depressing and morbid condition of the mind; but it is no less true that sorrowful and disagreeable emotions produce disease in persons who, uninfluenced by them, would be in sound health—or, if disease is not produced, the functions are disordered. Not even physicians always consider the importance of this fact. Agreeable emotions set in motion nervous currents, which stimulate blood, brain, and every part of the system, into healthful activity; while grief, disappointment of feeling, and brooding over present sorrows or past mistakes, depress all the vital forces. To be physically well, one must, in general, be happy. The reverse is not always true; one may be happy and cheerful, and yet be a constant sufferer in body."

To keep up the grand vital circulation, and to secure a proper supply of blood to every part, and maintain the general health and energy of the system, EXERCISE or voluntary action is of the utmost importance. It greatly promotes circulation, and particularly



Leg and Arm Exercise—The Rubbers attached to the Door.



The Best Way—Rising and Leaving the Arms from the Side.

rest, cleanliness, expandity of temper, and equality of temperature. These are the great essentials to that which surpasses all wealth—health of mind and body.

Ill-health is an interdiction on happiness; it spoils the taste for wholesome food; it shrinks from the all-enriching and vivifying atmosphere; it shudders at the touch of water; it refuses the consolation of forgetfulness in sleep; it annoy's and torments its victim, until he grapples with it and ousts it from his system, saying, "Get behind me, blue devil!"

A pure atmosphere, proper diet, cleanliness, and exercise are the best requisites for a healthy body and sound mind.

The Moral Value of Physical Strength.

The American scholar and thinker is by rule a dyspeptic. He is a razor-faced, lantern-jawed, thin nervous man. This is partly the effect of climate, and partly that of diet and regimen. In the old days of bran bread and prayers before daylight in the colleges, and long morning walks before breakfast, and sedentary consumptive habits, it required a pretty tough man to live through his studies at all. We are now doing this thing better, but we have not reached the highest outcome of the change, and shall not reach it, probably, for several generations. But we have come to the recognition of the fact that it does not toughen a man to reduce his diet, to cut short his sleep, to take long walks on an empty stomach, and to indulge in cold baths when there is no well-supported vitality to respond to them. We have come to the conviction that, for a useful public life, brains are of very little account if there are no muscles to do their bidding. In short, we have learned that without physical vitality the profoundest learning, the most charming talents, and the best accomplishments, are of little use to a public man in whatever field of professional life he may be engaged.—*Scribner's Monthly.*

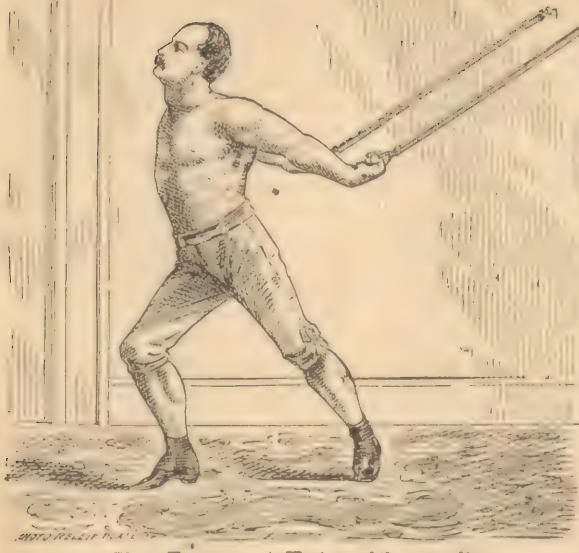
Guide for Dyspeptics.

The following table has been carefully prepared, and shows what is easily digested, what is moderately easy, and what is hard to digest. A most valuable companion for those troubled with Liver Difficulties and Indigestion.

Easy of Digestion—Mutton, Venison, Hare, Sweetbread, Chickens, Turkey, Partridge,

in the capillary system, or the myriads of minute vessels which are so numerous distributed to every part of the body; it equally promotes respiration, causing full and deep inspirations of air, and a vigorous action of the lungs; and serves to impart vigor and activity to all the organs, and to secure the healthful integrity and energy of all the functions, and the symmetrical development and constitutional power of the whole system; and gives strength and agility and elasticity and grace to the body and energy and activity to the intellectual and moral faculties. Indeed, exercise may truly be considered the most important natural tonic of the body. If it is wholly neglected, the body will become feeble, and all its physiological powers will be diminished; but if it is regularly and properly attended to, the whole system will be invigorated, and fitted for usefulness and enjoyment.

The great secret of health is thus summed up: Moderation in eating and drinking; short hours of labor and study; regularity in exercise, relaxation, and



Chest Exercise—A Varie'y of the preceding.

Lobster, Crabs, Shrimps, Mussels, Oil, melted Butter, hard boiled Eggs, Cheese, fresh Bread, Muffins, buttered Toast, Pastry, Cakes, Custards, Nuts, Pears, Plums, Cherries, Pineapples, Cucumbers, Carrots, Parsnips, Peas, Beans, Mushrooms, Pickles, Chocolate, Champagne.

Drastic Medication vs. Health.

Most all the unhealthy people of modern days, especially those of bilious-lymphatic temperaments, owe their illness, in a great measure, to unwarranted drastic medication. In fact, the greater part of the people throughout the country persist in making the stomach a depository of pills and potions, if empty boxes and bottles are evidences. They forget that the stomach is a receptacle for food—a digestive apparatus. There is scarcely a month passes without an attack being made upon the living structures, if living involves changes and combinations which are incompatible with the frigid formulas of elementary substances.

A great number do not use the proper kind of food, but that which is over-seasoned, half-cooked, and dirty, besides eating it irregularly, drenched down with black, scalding coffee; and then, when the trouble becomes chronic, wake up, as it were, in a state of exhaustive debility. The first thing, then, is drastic medication. Oh, my! how the emollient is poured in to deplete and *vacuumise* the already weakened system! How great an amount of nauseating stuff is flooded down the throat to tone up the distracted organs! And having done all this, we find ourselves not toned up, but afflicted with habitual constipation and other troubles. Who would have thought it? The more dragging one does, the better off one is! Does this sound rational? No! Better say, The worse off one is! What, then? Why, well-cooked, good, plain food; bright sunlight; fresh, pure air; bright aspirations; less drugs; more exercise, and the desired health may return.

*Friendly Hygeia keeps her old record,
While every virtue has its own reward!*

Pheasant, Grouse, Beef Tea, Mutton Broth, Milk, Turbot, Haddock, Flounder, Sole, fresh fish generally, roasted Oysters, stale Bread, Rice, Tapioca, Sago, Arrowroot, Asparagus, Sea Kale, French Beans, Cauliflower, Baked Apples, Oranges, Grapes, Strawberries, Peaches, Toast Water, Black Tea, Sherry Wine, Claret, Ale, new.

MOLERATELY DIGESTIBLE.—Beef, Lamb, Rabbit, young Pigeon, Duck, Wild Waterfowl, Woodcock, Snipe, Soups, Eggs, not hard boiled, Butter, Turtle, Cod, Pike, Trout, raw or stewed Oysters, Potatoes, Beets, Turnips, Cabbage, Spinach, Artichoke, Lettuce, Celery, Apples, Apricots, Currents, Raspberries, Bread, Farinaceous Puddings, Jelly, Marmalade, Rhubarb Plant, cooked Fruits, Cocoa, Coffee, Porter.

HARD TO DIGEST.—Pork, roast Clams, Veal, Goose, Liver, Heart, Brain, salt Meat, Sausages, Hashes, Mackerel, Eels, Salmon, Herrings, Halibut, salt Fish.

Dependence of Health upon Circulation.

Perfect health depends upon perfect circulation. Every living thing that has the latter has the former. Put your hand under your dress upon your body. Now place it upon your arm. If you find the body over 99 degrees and your arm under 60 degrees, you have lost the equilibrium. The head has too much blood, producing headache; or the chest too much, producing

[Phrenological Journal]

cough, rapid breathing, pain in the side, or palpitation of the heart; or the stomach too much, producing indigestion. Any or all of these difficulties are temporarily relieved by immersion of the hands or feet in hot water, and permanently relieved by such dress and exercise of the extremities as will make the derivation permanent.

For the information of those who would like to judge of their own condition, I have compiled the following tables, the first of which shows the weight a man of any given height should be when in good condition for the performance of athletic feats.

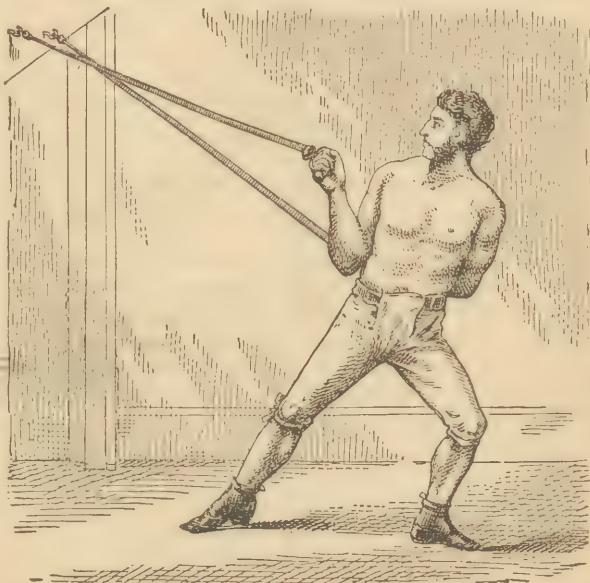
It will be observed that there is a margin of several pounds left in each calculation. The reason is, that a man trained for a boat race should be heavier than one who has trained to engage in a foot race. Another reason is, that the man with the largest bone can afford to carry the most flesh. The size of bone seems to vary more in men measuring from five feet eight inches to six feet than any other height. For this reason greater margin is allowed to those heights. The table is only carried out to inches, but the proportional parts can easily be found for the fractions of an inch. As it is seldom that men of less than five feet in height engage in athletic sports, I have commenced at that point.

Table showing the Weight of a Man of any Height between Five and Six Feet when in Condition for the Performance of Athletic Feats.

Height 5 feet, weight from 103 to 108 lbs.; height 5 feet 1 inch, weight from 108 to 113 lbs.; height 5 feet 2 inches, weight from 110 to 116 lbs.; height 5 feet 3 inches, weight from 114 to 120 lbs.; height 5 feet 4 inches, weight from 119 to 125 lbs.; height 5 feet 5 inches, weight from 122 to 129 lbs.; height 5 feet 6 inches, weight from 129 to 136 lbs.; height 5 feet 7 inches, weight from 133 to 140 lbs.; height 5 feet 8 inches, weight from 140 to 150 lbs.; height 5 feet 9 inches, weight from 150 to 162 lbs.; height 5 feet 10 inches, weight from 162 to 172 lbs.; height 5 feet 11 inches, weight from 172 to 182 lbs.; height 6 feet, weight from 180 to 192 lbs.

The following table shows what the weight of a man should be in good condition, according to the size of his bone, neck, chest, wrist, ankle, and height; and, as a general rule, if his measurement does not compare closely with this table, he must be considerably out of proportion, and if he can perform any athletic feat, it is only with one part of the body, which has been unduly developed.

I have found that I cannot judge what a man's weight should be by the measurement of the chest alone as accurately as by measuring the neck, bone, and chest, as in the following table explained. I am aware that the Life Insurance Companies employ only the chest measurement, but the greater accuracy to be attained by my method may be seen from the following illustration: The difference between a race horse and a draught horse is evident to the most superficial observer, the latter having more muscle, breadth, bone and strength than the race horse of the same height and length. The race horse, although standing as high and measuring as long as the draught horse, not having as large bone, cannot carry as much flesh; neither was it intended to.



Still another Variety of the Same—Pulling, and Expanding the Muscles of the Chest.

Table showing the Weight a Man should be in Good Condition, according to the Size of his Bone, Neck, Chest, Wrist, Ankle, and Height, commencing at Five Feet.

Height 5 feet, weight 103 pounds, neck, 12 inches; chest (uninflated), 32½ inches; wrist, 5½ inches; ankle, 7½ inches.

These measurements should be taken tight on a corpulent man and loose on a spare person.

ALLOWANCES.

The following allowances should be made where the dimensions are found to be greater than shown in the preceding table:

For every inch in height, 1½ lbs.; for every inch around neck, ½ lb.; for every inch around chest, 1 lb.; for every ¼ inch around wrist, ½ lb.; for every ¼ inch around ankle, 1 lb.

The above tables will be found uniformly accurate, as they have been repeatedly tested. They represent the result of my own personal observation after having measured over 10,000 persons in the performance of my professional duties of ten years in Europe and America.

It is not asserted that a very good condition of health may not be enjoyed by persons whose measurements do not correspond with the above tables, but such persons cannot be regarded as specimens of symmetrical development or true physical proportion.

Mind and Health.

If our temperament does not make us naturally cheerful, we must cultivate those habits of mind and body that seem most favorable to the growth of this happy state of feeling. We must

keep our mind open to cheerful impressions, and close it to those that are gloomy. We must avoid solitude, and keep with our kind, and be sociable. We must not give ourselves up to gloomy thoughts of the future and draw pictures of want and misery in our old age, but pluck up hearts of grace and go about our daily task rejoicing. Burton gives Aesop's old fable: "The hares once, tired of living ever in fear of the huntsman and hounds, went in a body to a pond

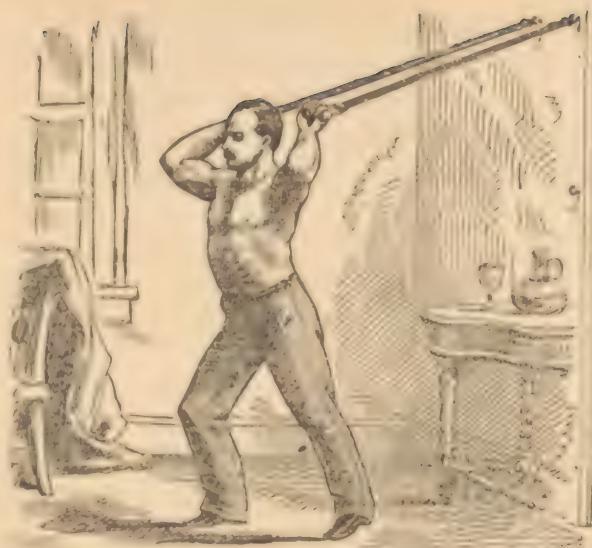


Buck and Arm Exercise—The Arms Pulling below the Waist.

bowels is of the utmost importance to health. The evils, both bodily and mental, resulting from habitual costiveness, are incalculable, and yet there is reason to believe that this habit of body is exceedingly common in civic life, and particularly with young females. Mothers, and all who have the care of children and youth of both sexes, ought to pay great attention to this matter; for they may be assured that it cannot be neglected without much hazard to the health and life of the young. Habitual costiveness predisposes to dyspepsia, pulmonary consumption, nervous disorders, headache, insanity, and indeed almost every distressing form of disease that flesh is heir to; and when it does not actually develop disease in youth, it lays a deep and immovable foundation for it in after life. Everybody should have a regular and free action of the bowels once in twenty-four hours; and the dietetic and other habits should be so regulated as to secure this.

Fruit is among the best articles of food. It relishes better than anything eaten, because it is the most wholesome. It prevents or removes constipation, and often acts like a charm upon both body and mind.

The regular action of the bowels is of the utmost importance to health. The evils, both bodily and mental, resulting from habitual costiveness, are incalculable, and yet there is reason to believe that this habit of body is exceedingly common in civic life, and particularly with young females. Mothers, and all who have the care of children and youth of both sexes, ought to pay great attention to this matter; for they may be assured that it cannot be neglected without much hazard to the health and life of the young. Habitual costiveness predisposes to dyspepsia, pulmonary consumption, nervous disorders, headache, insanity, and indeed almost every distressing form of disease that flesh is heir to; and when it does not actually develop disease in youth, it lays a deep and immovable foundation for it in after life. Everybody should have a regular and free action of the bowels once in twenty-four hours; and the dietetic and other habits should be so regulated as to secure this.



Pulling from the Wall, Arms Extended above and behind the Head.

Salutary to promote in pleasure, tranquility of mind, exercise of blood and an even circulation, and all the superfluous humors may be dispersed off.

A New System of Muscular Training. — Professor J. M. Latdin has made some new points in regard to this present system of training. The professor holds that the use

of very rare, "blood-red" meat is very unwise; that meat should be tolerably "well done" to do good; that rowing or exercising before breakfast to any great degree, or taking any exhausting exercise on an empty stomach, is unwarranted by common sense; and that the style of "cooling off suddenly" now in vogue is pernicious. Professor Latdin has prepared his views for publication.

Repeated excess exhausts the vital force, weakens muscular power and nervous energy, and gives an undue advantage to the consumption of the body, the operations of which are never idle, and, if not replaced by nutrition, rapidly merge into decay.

We are at all times prepared to put the afflicted in communication with former patients who have been cured of similar troubles in almost any part of the United States and Canada.

In the interest of suffering humanity the reader is requested to send us the address of afflicted friends to whom we may mail

Gymnastic exercise gives energy and precision to muscular movements, and is an efficient auxiliary in mental education. Exercise may be defined as voluntary motion of the limbs and muscles, and, in thought, of the brain, which increases the power of the involuntary vital principle as well. If this voluntary motion be neglected, the vital force becomes inactive in a corresponding degree, and loss of physical vigor is the inevitable result.

Pleasures entered upon without moderation shorten more the days of men than remedies can lengthen them. The poor are less frequently sick on account of their want of nourishment than the rich on account of their having too much. Food which pleases the appetite too much, and makes us eat beyond our need, poisons instead of nourishes. Remedies themselves are true evils which wear out nature, and should be only used in urgent cases. The grand remedy which is always innocent and always useful is exercise of body; thus one can have sweet sleep.



Ladies' Chest Exercise.



Young Misses' Chest Exercise.

houses which are freely open to the sun, while on the opposite side of the street the summer and autumn are very unhealthy, and even dangerous.

“The wide-spread fallacy that if persons are able to live without work it is their right and privilege to lead an inactive life, is an error as fatal in its effects on health as it is fallacious in principle. Men of light occupations, and women whose circumstances do not compel them to work, a great majority of whom neglect physical exercise, thereby become so deficient in muscular development as to be weak, delicate, and sickly—ever the prey to nervousness, dyspepsia, and that long train of chronic diseases that afflict the human race. We pity their condition, because, for the most part, the evils they suffer are brought on by ignorance of the laws of their being. To place ourselves on good terms with such, we will not now blame them for what, perhaps, might be called culpable ignorance, but good-naturedly address ourselves to the task of removing from their minds the veil of ignorance that has caused all the ills which scourge them.”

—*Phrenological Journal.*

Exercise is as essential to bodily development as air is to life. No person can acquire a large, compact, muscular organization without it.

Healthy nerves render us happy, disordered nerves miserable. Do nothing to derange them, and they will never disorder themselves. The two general directions are: first, keep the skin clean and active by bathing; and, secondly, give them action. Exercise is as requisite to them as to the muscles or lungs, or to any portion of the body. Avoid mental excitement, anxiety and trouble. Avoid occasions of sad feelings and vexations.

The Value of Exercise.

By an irrevocable physiological law, growth of brain and body is acquired by exercise. Look at the arm and hand of the laboring man or woman, and how vast the difference in the size and strength of the two classes! The same law holds respecting the lungs and other vital organs. The heart of him who creeps through the world languidly and mincingly is small and weak in its power to circulate the blood, while the heart of the man who rushes into active business earnestly, and uses his muscles vigorously, is called upon for energetic action in sending the blood copiously to all parts of the system, and the consequence is an increase in the size and strength of that important organ, and the promotion of bodily health and vigor.

copies of this pamphlet. Its teachings and dictates we are sure may be the means of restoring many to health, whose suffering might otherwise be indefinitely prolonged.

A free exposure to the light, and to the sun's influence, has a great effect in diminishing the tendency to disease. The sunny side of the street should always be chosen as a residence, from its superior healthiness. It has been found, in public buildings, etc., that those are always the most healthy which are the lightest and sunniest. In some barracks in Russia it was found that, in a wing where no sun penetrated, there occurred three cases of sickness for every single case which happened on that side of the building exposed to the sun's rays. All other circumstances were equal—such as ventilation, size of apartments, number of inmates, diet, etc.—so that no other cause for this disproportion seemed to exist. In the Italian cities this practical fact is well known. Malaria seldom attacks the set of apartments or

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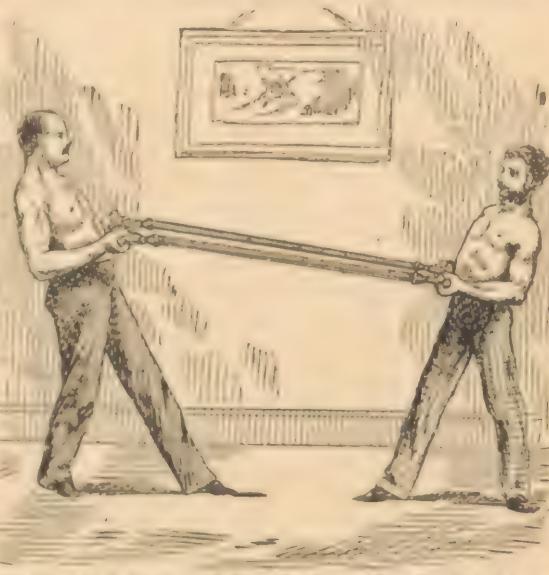
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We cannot stretch out an arm or a foot, or walk, or run, or leap, without freshening the life-currents of the system, sending new doses of electric warmth along the nerves and muscles, and raising a fever of those fine, red, black levels that buzz around the ears of poor dentists and dentists, stayers at home, and women imprisoned in nurseries and amid their household cares.—*North American Review*.

From "NATIONAL JOURNAL OF EDUCATION," Boston, Mass.

The Patent Pector Rowing Apparatus of J. M. Laffin & Co. is the most perfect system ever devised for human training. It is used by either sex for the development of the muscles and with success. Every muscle of the body is brought into play by its use, and in such a way as to develop without muscle fatigue. It invariably corrects the stamping posture so common in persons of - literary habits, and imparts strength, especially to the young. Athletes use the rowing apparatus as the best exercise they can find, and it has become a favorite with clergymen and lawyers. The apparatus may be used by the strongest as well as the weakest persons, for it is produced so nicely that no degree of strength may be used. The poems of the rowing apparatus are at Broadway and Seventeenth Street, 31 Union Square, and 108 Broadway, New York, where those interested in physical development may see and test it.

From the Philadelphia (Pa.) "COMMERCIAL BULLETIN."



dyspepsia and hypochondria, give a vigorous skin, good circulation, strong muscles, and put the general system into a high condition, at the same time conferring a corresponding temper of mind. Aside from its character as a means of general exercise, it will be found of remarkable service to those persons who are learning, or who contemplate learning, the art of shell-boat rowing. The *stolidi moti* so difficult to attain in a shell, may be gotten command over by the use of this apparatus more readily and easily than in the boat itself, and, after a little exercise, the sliding seat of the latter may be used at once with great success. If any of the readers of the *Commercial Bulletin* have not seen the Parlor Rowing Apparatus, we advise them to call and examine it. Its use and advantages are cordially recommended by such men as Drs. O. W. Holmes, Austin Flint, J. G. Holland, Dio Lewis, R. Ogden Doremus, and Revs. H. W. Beecher, John Hall, S. H. Tyng; and in this city by Drs. W. H. Hooper, P. Benardy, Williams, Flemming, Goddard, Ludlow, and many others of established reputation, who have examined it and pronounced it the most beneficial affair in its way yet invented. It is destined to come into very general use so soon as the public are made acquainted with its admirable qualities. It is being handled in Philadelphia by Ellis Ward—one of the celebrated Ward brothers—who has established his headquarters at No. Chestnut street. This accomplished gentleman is on hand at all hours of the day, and gladly explains, in a practical way, to visitors the characteristics of this new bidder for popular favor.

A MODEL EXERCISING APPARATUS.

THE PARLOR ROWING MACHINE—THE INVENTION OF “THE MODEL” ATHLETE, PROF. J. M. LAFLIN—
A CONDENSED GYMNASIUM.

There has been on exhibition in Philadelphia, for some weeks, at No. Chestnut street, under the agency of Mr. Ellis Ward (one of the famous Ward Brothers), a new invention—“Laflin’s Patent Parlor Rowing Apparatus.” Prof. J. M. Laflin is known as a champion athlete, and as showing such remarkable cultivation of all the muscles that he received a First Award at the Vienna Exhibition for being perfect in form and development. Prof. Laflin has now given to the world a Rowing Apparatus, by the systematic use of which, he asserts, anyone may cultivate great strength, and thereby avoid many of the ills of life. Everyone is aware that rowing is an exceptionally superior exercise, but the distance of inhabitants from the location of boat-houses, the inconvenience of undressing and dressing, the danger of persons going on the water who cannot swim, and the constant and steady practice necessary to become even moderately proficient, confines the practical part of rowing to a minority, while the majority manifest their interest as spectators and as “contributing” members. Thus it will be seen that the benefits to be derived from rowing—as an exercise—cannot be enjoyed by the multitude. Prof. Laflin has evidently thought upon this dilemma, for by his novel contrivance he puts the benefits of the exercise within the reach of all, and at a marvelously trifling expense of only \$10—really nothing, compared to the price of club membership, boats, broken oars, smashed rudders, etc.



The Striking, or Sand-bag, Exercise—Shoving and Returning.

The Apparatus is simple, comprising a sliding seat, in front of which is a “rest,” to place the feet against while making the rowing movement backward and forward. In front of this “rest” is a pole, to which a pair of rubber stretchers are attached, representing the oars, and by their

tension affording a capital illustration of the "resistance" of water. Thus it will be seen that every detail of rowing has been observed, so that all the benefits of the exercise may be realized. We cannot, therefore, recommend "The Parlor Rowing Apparatus" too warmly or too highly. It ought to be in every household, for it is a model machine in all respects, free from roughness and danger, simple, satisfactory, complete—in short, a condensed gynasium, very much (by way of comparison) like Liebig's beef-tea, by taking a little of which we get a benefit equivalent to eating half a dozen beefsteaks. Mr. Ward having assumed the agency for the introduction of the machine among Philadelphians, has established himself at No. Chestnut street, and is meeting with well-deserved success. As an oarsman, he is in the front rank of his profession, and to this ability he unites a great many sterling qualities of head and heart. His explanations of training, rowing, exercising, and other athletic features, show his intelligence, his patience, his judgment, and his long and thorough experience. He does not fail to trouble, some to explain the "Parlor Rowing Apparatus" to all who may call upon him, and is confident that when its merits and importance are fully appreciated, it will save a long list of unnecessary expenses for physicians and medicines.—*Philadelphia Item.*

Health of Farmers.

Farmers and planters, as a rule, enjoy remarkably good health, and are free from the ills that beset those who lead a shiftless or inactive life. They represent the bone and sinew of the land, and reap in a measure a just reward for their industry, thrift, and commendable habits of life. There are thousands of this class, however, who, from excessive overwork, and a total disregard of Nature's laws, become broken down prematurely, and suffer from nervous and general debility, and kindred infirmities. Those who are engaged in agricultural pursuits have the advantages of ventilation with a view to longevity, and with pure air and sunshine, and a due regard for the laws of health, there is no reason why those who are so favorably situated should not in the maximum of cases attain the allotted fourscore and ten.

Medicated ("") "Pads," "Girdles," and "Charmis" are quackish arrangements, gotten up to deceive the uninformed; but Exercise is the proper thing for all.

I dare not place any gift, however beautiful, or any success, however brilliant, above the talents or the skill which can relieve a single pang, and the self-devotion which lays them at the feet of the humblest fellow-creature.—*Oliver Wendell Holmes.*

The health and well-being of all the organs of digestion and nutrition greatly depend upon the daily evacuation of the bowels. Regular habits in this respect should be formed, and carefully preserved. Never delay when Nature prompts to this duty, for such delays tend to produce constipation. There is no rule of health more important than this, and its neglect is productive of the most serious consequences.

Man subsists more on air than on his meat and drink. The reasons, then, for its being pure and plenty are obvious. Ventilation is a subject of ~~more~~ ^{less} importance. We should spend several hours daily, cold or warm, in the open air, coupled with much bodily activity. This would give firmness of every nerve and energy of thought.



Rising and Lowering, or the "Swing Walk" Exercise.

From "NEW YORK SUNDAY MERCURY."

AMERICAN INSTITUTE FAIR—AN AID TO MUSCULAR EXERCISE.—With the extreme seasons peculiar to our latitude systematic muscular exercise has hitherto been impossible, except to the wealthy. Now, however, thanks to Professor J. M. Laflin, we have an apparatus, within the reach of all, which combines in a compact form every necessary movement for muscular development and healthy exercise, summer and winter. The Patent Parlor Rowing Apparatus was one of the perennially popular features of the fair, and thousands wanted "just to try it." Through the urbanity and untiring patience of Mr. G. J. Jackson, the Professor's agent, everybody seemed somehow "to get a turn," and had to be coaxed off for "the next." Professor Laflin's rooms are at 31 Union Square, and his testimonials and references are worth examination. His apparatus is the only radical cure for weak chests, nervous complaints, etc. It is equally adapted for both sexes, and is the only mechanical contrivance that affords a perfect development of the whole human system. Professor Laflin deservedly received a medal of excellence at the fair.

FRIEND LAFLIN:

I am in receipt of your Patent Parlor Rowing Apparatus, and find it gives a free and easy movement, same as you obtain in rowing in a scull boat; and as a health lift, chest expander, etc., I find it the best invention for exercise that I have ever seen, and it should become of general use in every family.

Yours truly,

Union Springs, N. Y.

CHARLES E. COURTNEY.

Hygiene of the Nervous System.

A healthy nervous system requires, first of all, a sound nervous organization by inheritance; second, proper nutrition; and, thirdly, due exercise of the mental powers. On the subject of inheritance Dr. O. W. Holmes has strikingly said that "each of us is only the footing up of a double column of figures that goes back to the first pair," and observation daily teaches us that children resemble their parents, not only in their features, but also in their intellectual and moral natures. Every peculiarity of body or mind, all intellectual endowments and aptitudes, and all moral qualities, are or may be transmissible from parent to child. If one generation is missed, the qualities may show themselves in the next. It is important to notice that not only the *natural constitution* of the parents may be inherited, but their *acquired habits* of life, whether virtuous or vicious. And even when the identical vice does not appear, there is a morbid organization, and a tendency to some vice akin to it. Not only is the evil tendency transmitted, but what was the simple practice of the parent becomes the overpowering impulse of the child.

A learned physician, after long study of the effects of excessive tobacco-smoking, says: "The enervation, the hysteria, the insanity, the dwarfish deformities, the consumption, the suffering lives and early deaths, of the children of inveterate smokers bear ample testimony to the feebleness and unsoundness of the constitution transmitted by this pernicious habit." We are, then, forced to the conclusion that any kind of nervous disease in the parent seems to predispose to innate feebleness in the child. Care and proper habits do much to avert the diseases to which a bad inherited nervous organization is subject, though it is impossible to entirely remove the original defect.



*The Swinging, or Club, Exercise—Swinging in any way desired.
The Rubber joined by an S hook.*

How necessary, then, is it to endeavor to secure that healthy nervous organization which is not only a blessing to its possessors, but is a source of happiness to succeeding generations!

The second thing essential to a healthy nervous system is proper nutrition, to supply the great waste produced by nervous action. As this nutrition must come from the blood, it is evident that whatever lessens the quantity or injures the quality of the blood impairs the health of the nervous system. It is clear, then, that the nervous system may be impaired (1) by *impure air*, which injures the lungs, and injures the brain still more. The nerve-tissue is the most delicate part of the body, and is the first to feel the effects of blood poorly supplied with oxygen. (2) By *improper diet*, which, poisoning the blood, thus poisons the brain, and cheats it of its nutriment; hence, the ideas become confused, the emotions morbid, and the will weakened. The whole man

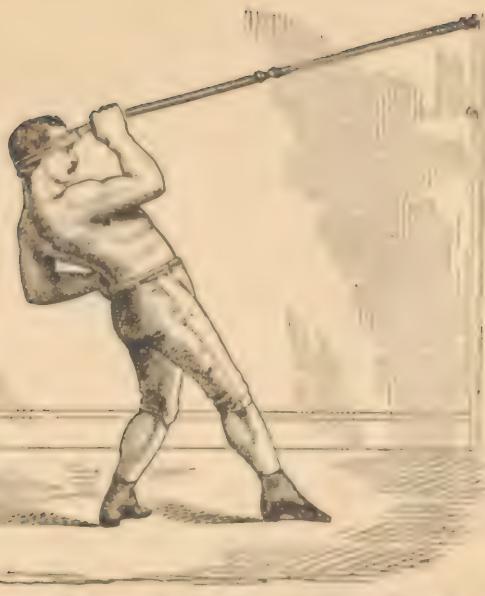
is crippled, physically, mentally, and morally. And if such be the effect of improper food, how much more injurious must be the effects of such poisons as alcohol, tobacco, opium, etc., which act so directly and powerfully upon the nervous system!

Of course, anything which impairs the health of the nervous system injures, in a corresponding degree, every other part and tissue of the human body. The nervous system furnishes the stimulus by which the heart circulates in the arteries and veins, the stomach digests the food, the liver excretes the bile, the kidneys excrete the urine from the blood, and, in short, by which every change in every part of the body is effected. And understanding this, it is clear that a large proportion of all diseases to which man is subject may be cured by acting on that part of the nervous system which governs the organ which is the seat of the disease. To the perception of this truth is mainly due the great success of those eminent physicians who have employed exercise for the alleviation of suffering and the cure of disease, and whose labors have done much to raise "The Patent Farmer Rowing Apparatus" to the rank of a science.

Exercise and Sleep.

Sleep is a most important physical condition. During its hours of quiet rest, when muscular and nervous effort is stilled, millions of submicroscopic cells are busy in the interior of the organism, like small insects in the depths of the sea, repairing the waste which the day's work has caused. Dr. Richardson, of London, an accomplished physician and dyscologist, describes the idea of sleep in the following language: "During the period of natural sleep the most important changes of nutrition are in progress. The body is rearing, and if young, is actually growing. If the body be properly cared for, the animal heat is being conserved, and laid up for expenditure during the waking hours that are to follow; the respiration is reduced, the inspirations being increased in the proportion of six to seven, as compared with the number made when the body is awake; the action of the heart is reduced; the voluntary muscles, relieved of all fatigue, and with the extensors relaxed. Then the fibers are made fit for repair of structure, and re-creating their elasticity, and the voluntary nervous system, dead for the time to the external vibration, or as the older men called it, 'stimulus from without,' is also under long rest and repair, so that, when it comes again into work, it may receive better the impressions it may have gathered up, and influence more effectively the muscles it may be called upon to animate, direct, control."

Another physiologist tells us that "the state of general repose which accompanies sleep is of especial value to the organism in allowing the nutrition of the nervous tissues to go on at a greater rate than its destruction." In another place the same writer adds: "For the human body is no rest except during sleep," and, again, "The more active the mind, the greater the necessity



Head Exercise—Developing the Muscles of the Upper Extremity.

is crippled, physically, mentally, and morally. And if such be the effect of improper food, how much more injurious must be the effects of such poisons as alcohol, tobacco, opium, etc., which act so directly and powerfully upon the nervous system!



The Neck Exercise, with Rubber placed on the lower portion of the Neck.—that there is no rest for the brain except in dreamless sleep, we cannot fail to realize the necessity of obtaining, at any cost, an abundance of that sweet sleep which, in the words of Shakespeare,

—“knits up the ravel’d sleeve of care,
The death of each day’s life, sore labor’s bath, | Balm of hurt minds, great Nature’s second course,
Chief nourisher in life’s feast.”

Parlor Rowing Apparatus.

An examination of the Parlor Rowing Apparatus exhibited and for sale by Dr. Richard D. McGraw, at Masonic Temple, will disclose some very interesting features. The inventor is Prof. J. M. Laflin, a well known athlete, who has taught athletic exercises in some of the principal foreign and American colleges and cities, and who has given his attention to the construction of an apparatus that would combine the best results from practice for both sexes and all ages. It might well be termed a bedroom gymnasium, from its complexity of arrangements. It is made of black walnut, has a thirty-inch slide, composed of two small tracks eleven inches apart, on which runs a sliding seat; and there are braces to rest the feet against.

The two bands are one of the best features of the whole apparatus. They are provided with handles, and may be hooked on to a bar placed in front of the seat; and being elastic, by pulling at them and

for sleep; just as with a steamship, the greater the number of revolutions its engine makes, the more imperative is the demand for fuel.” These statements explain the instinctive demand for sleep. They also show why it is that children require more sleep than persons of middle age; and these, again, more sleep than old people. Children must have sleep for repair and growth; those of middle age, for repair only; and old people, for the smallest amount of repair. Sleep is the chance and laboratory of repair for the brain and nervous system. In this fast age there is no fear of suffering from too much sleep. On the contrary, vast numbers, especially those engaged in business pursuits and in mental labor of various kinds, are victims to over-work of the brain and nervous system. When it is properly understood that the brain is the seat of sensation, the source of voluntary motion, and the organ of thought, and



Chest Expander—Placing both the Scull Handles on one Rubber. Front View.

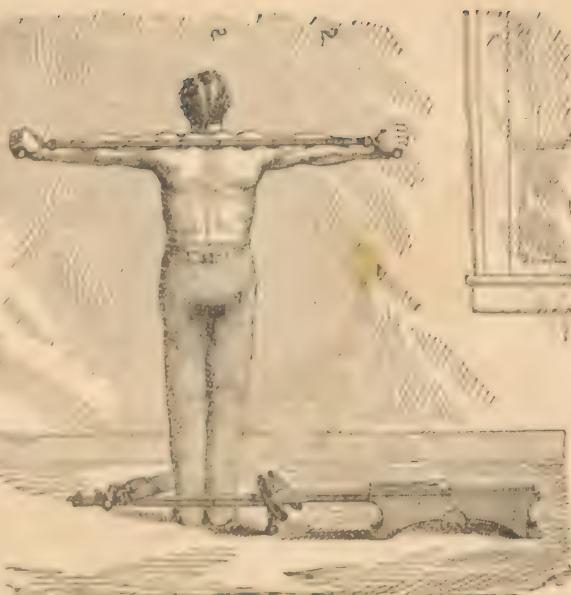
sliding the seat, the same character of exercise is obtained as that in rowing, with the exception that in this apparatus you can moderate it as you like, making it as violent or easy as you may desire. The bands may be hooked on to the seat and a health lift improvised, or hooked on to the wall and various other exercises indulged in. It is claimed that by its use dyspepsia can be cured, as well as various other ailments. All should avail themselves of the opportunity presented to examine the apparatus, and see for themselves what can be done.—*Evening Bulletin.*

The immortal John Wesley, over a century ago, indorsed Exercise as an unparalleled curative. If this great and good man could see the advance made in the principle, as realized in Leflin's Parlor Rowing Apparatus and Condensed Gymnasium, they would have a true expounder and a warm advocate.

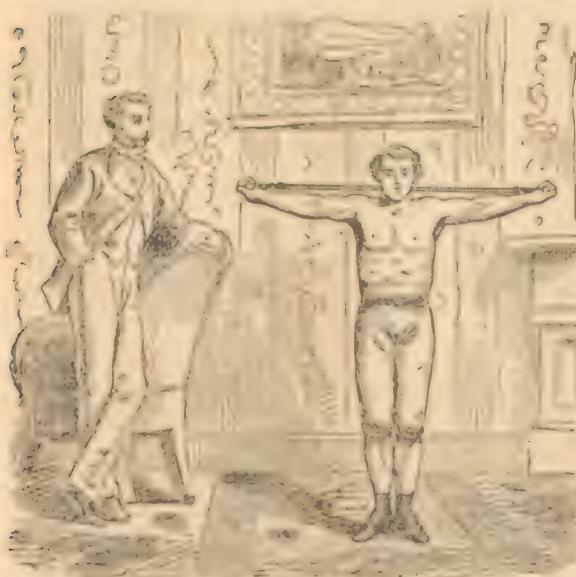
The Old and My System of Training.

In the good old time—which often strike me as having been very bad old times—when a man had to walk a match or run a race, his trainers physicked him and sweated him till the poor fellow was worn to mere skin and bone, and had no elasticity of limb or spirit left in him. This plan was all very well, perhaps, for attaining endurance, but it was destructive to health in the long run, and certainly not the sort of thing to recommend to parents and guardians. The new system has, however, almost abolished physic. Training, considered as a means of getting the body into a condition to perform certain feats of activity and strength somewhat out of the usual and ordinary course of most men's lives, is nowadays a much more simple and sensible matter.

It may possibly, though it hardly comes within the scope of this publication, interest some of our young readers if Charles Westhall tells them how pedestrians get themselves into condition. His notions, as will be seen, are much the same as my own; and although I am not addressing my friends as professional walking men *in futuro*, I am glad he and I agree in many things. And I may here observe



Chest Expander. Back View.



The Finishing Motion of Chest Expander, with Wrist Movement.

for them to go through as much work as he suggests, they nevertheless will do well to follow him.

The first and primary aim ought to be the endeavor to prepare the body by gentle purgative medicines, so as to cleanse the stomach, bowels and tissues from all extraneous matter, which might interfere with his ability to undergo the extra exertion it is his lot to take before he is in a fit state to struggle through any arduous task with a good chance of success.

"The number of purgatives condition, the time has arrived when the athlete may commence his training in proper earnest; and if he be bulky, or of obese habit, he has no light task before him. If he has to train for a long distance in tech, the preparation will be almost similar, whether for walking, running, or rowing.

"The work to be done depends very much on the time of year. In the summer the man should rise at 6 in the morning, so that, after having taken his bath, either shower or otherwise, there will have been time for a slow walk of an hour's duration to have been taken before sitting down to breakfast; that is, if the weather be favorable; but if otherwise, a bout at the Rowing Apparatus and its different exercises will be found not unfavorable as a good substitute. Many men can do without



Making a Dumb-bell with one Rubber. By lowering the hand on the thigh the weight of the dumb-bell is increased.



Dumb-bell Exercise as used by Lady and Lad.

recommended by trainers is legion, but the simpler will always be found the best. The writer, in all instances, found that a couple of antibilious pills at night, and salts and senna in the morning, has answered every purpose. It is reasonable, however, to suppose that any one who has arrived at sufficient years to compete in a pedestrian contest has found out the proper remedies for his particular internal complaints. The internal portion of the man's frame, therefore, being in a healthy having any nourishment whatever before going for the morning's walk; but these are exceptions to the rule. Most men who take their exercise before breaking the fast feel faint and weak in their work after breakfast, at the commencement of their training; and the blame is laid on the matutinal exercise; when, if a new-laid egg had been beaten in a good cup of tea, and taken previous to going out, no symptom of faintness would have been felt, although it is expected some fa-

tigue would be felt from the unwanted exertion, and the man be at once ready for his breakfast at eight o'clock. The breakfast should consist of a good mutton chop or cutlet, from half a pound upwards, according to appetite, with dry bread at least two days old, or dry toast, washed down with a cup or two of good tea (about half a pint in all), but with little, and if possible no, milk. Some give a glass of old ale with breakfast; but it is at this time of the day too early to introduce any and bread, unless the man has a wonderful appetite and constitution, will once almost every man's training, pall upon his palate, when the trainer should at once try the effect of poultry or game, if possible, but, at any rate, not give the trained man strengthening his partial dislike to his previous fare. In cases like these the only wrong thing is to persevere in the previous diet; for if a man cannot tackle his food with a healthy appetite, how is it possible that he can take his proper share of work? The quantity of ale should not exceed a pint, unless there has been a greater amount of work accomplished in the morning than usual, when a small drink of old ale at noon would be far from wrong policy, and a good refresher to the imbiber.



Chest Expander in Different Positions, similar to 27 and 29.



Full View of the Machine folded, ready for expressage, shipment, or travel.

such stimulant. After having rested for a sufficient time to have allowed the process of digestion to have taken place, the time will have arrived for the work to commence which is to reduce the mass of fat which at this time impedes every hurried action of the muscles and blood-sels. This portion of the training requires great care and thought, for the weight of clothing and work accomplished must be commensurate with the strength of the person.

"The continued use of meat in small quantities is sometimes beneficial, but should not be taken at all when malt liquors are the standard drink. If it is possible to do without wine, the better. The chief thing in diet is to find out what best agrees with the man, which in most instances will be found to be what he has been most used to previously.

"After a thorough rest of an hour's duration, the athlete should stroll about for an hour or two, and then, divesting himself of his ordinary attire, don his racing



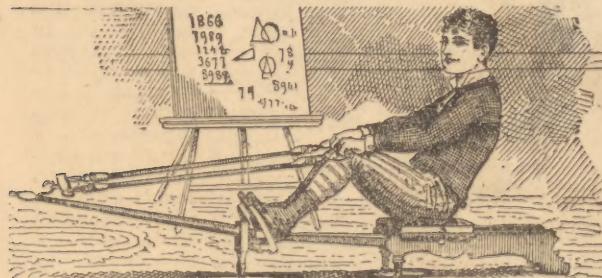
The Seat reversed, same as No. 6—Young Miss using Health Lift.

than days of careful nursing will restore. If stopped in time, another trial may be attempted on the following day, or at any rate the next but one."

Bathing as a Hygienic Measure.

When we consider that the whole external skin is in some measure a breathing organ ; that it is continually discharging impurities from the body ; that it is the medium through which a large portion of the effete or worn-out matter of the system passes off, and that in its anatomical structure and functional character it holds very near and powerful relations to the lungs, stomach, and other internal organs, we must feel convinced of the great importance of preserving its healthy condition, and of securing the vigorous performance of its functions. In order to do this, few things are more indispensable than cleanliness ; and hence bathing should never be neglected, always using salt in the water.

They who have never practiced this mode of bathing can have no just notion of the comfort which it affords. When, from almost any cause, one rises from his bed in the morning languid and dull, and perhaps with a heavy feeling in the head and foul taste in the mouth, such a bath,



A Schoolboy's Recreation—Snatching a moment from Study at Home to practice Physical Culture on the Parlor Rowing Apparatus.

gear and shoes, and practice his distance, or at any rate some portion of the same, whether he is training either for running, rowing or walking. This portion of the day's work must be regulated by the judgment and advice of the trainer, who of course is the holder of the watch by which the athlete is timed, and is the only person capable of knowing how far toward success the trained man has progressed in his preparation. It is impossible for the athlete to judge by his own feelings how he is performing or has performed, in consequence of, perhaps, being stiff from his work, weak from reducing, or jaded from want of rest. The trainer should encourage his man when going through his trial successfully, but stop him when making bad time, if assured the tried man is using the proper exertion. The rule of always stopping when the athlete has all his power out, and yet the watch shows the pace is not 'up to the mark,' should never be broken, for the man who struggles, however game he may be, or however well in health, takes more of the steel out of himself

followed by the exercise I have named, refreshes him astonishingly, and makes him feel like a new man. Indeed any one who has been long accustomed to this kind of bathing, would hardly be willing to dispense with it for a single morning, even to save his breakfast. It may with perfect comfort and safety be continued through the whole year. Even on the coldest mornings of winter it is exceedingly refreshing and grateful.

This pamphlet is the only one of the kind in any country, and it was the first to meet the demand for a popular and gratuitous publication devoted to the best interests of mankind. In its pages every subject relating to health and physical culture is duly considered, and neither pains nor expense are spared to maintain the interest already created in its teachings. Moral and intellectual vigor cannot be attained without proper regard to bodily health and the rules of hygiene. Our pamphlet is devoted to scientific truths and the elevation of the masses.

We have examined with much interest the Patent Parlor Rowing Apparatus, invented and manufactured by Prof. J. M. Laflin, No. 31 Union Square, New York. We have never seen anything of the kind in so compact a form, that can give so much vigorous and healthful exercise. It is sold complete for ten dollars. —*Polylingual Journal.*



Starting Position of the Sweep Oar.—Same as No. 2.

The Proper Use of the Rowing Apparatus.

The general utility of the Apparatus is undeniable, as it is superior to Indian clubs, dumb-bells, and also gymnastic exercise, in giving that full play to all the muscles of the body which active exercise requires.

When particular muscles only are brought into play the other muscles are weakened; therefore it is important that any athletic exercise should bear equally on all parts of the body. It is well known that active oarsmen have great strength in all muscles of the body and limbs, while the professional pedestrians acquire immense power in their lower limbs to the depreciation of the upper parts of the body. Various instances of great strength are recorded. Marshal Saxe is said to have been able to stop a chariot at full speed by seizing and holding the wheel; and it is recorded of Count Orloff, the Russian general, that he broke a horseshoe between his fingers. These, however, are extreme instances. What we want is, to train the whole body to endurance; and for this purpose all kinds of athletic exercises are to be recommended.

It must never be forgotten that the purpose of training is not to fatigue, but to strengthen. Health, vigor, and activity depend much



Finished Position.—Same as No. 4.

more upon regular living and careful diet than upon the occasional fatigue induced by violent exercise. Home training is therefore to be pursued, and thus will you acquire that first of blessings—a blessing without which all pleasures, mental and physical, are but feebly and insufficiently enjoyed—a sound mind in a sound body.

In order to give the proper degree of exercise to the various muscles in the trunk and limbs it is necessary that you should use the Apparatus and Rubbers in all the different methods described in this work, in the most complete and advantageous manner. You will easily understand that a lad may be able to strike a ball to a considerable distance with a cricket-bat, and yet be no cricketer; or that he may be able to throw a fourteen-pound skittle ball, and still be a very indifferent player at nine-pins. In like manner dumb-bells may be used in such a way as to afford little or no benefit to the user in the strengthening and hardening of his muscles.

There is much in the "way of doing things"—a "knack," as it is called. You know, for instance, how much more easily and handily a carpenter uses his tools than an amateur. That arises not merely from long practice, but also from the fact that he was properly taught in the earliest days of his apprenticeship.

And now farewell! I might go on for a dozen or two pages, and dilate on the value and importance of all kinds of gymnastic exercises, but that sort of thing has been done to death. It is the usual resource of writers who have no special knowledge of the subjects on which they write, to descend to generalities. Nothing is easier than to flirt and pirouette about the confines of a subject. When you know little or nothing about a thing, says Smellfungus, talk about something that is akin to it, and people will give you credit for knowing a great deal. But that is not my fashion. I am not what is called a "practiced writer." Having simply endeavored to tell what I know in as plain and easy a way as I could, it is hardly worth my while, now that I have come to the end of my teaching, to make an attempt at fine writing. In fact, I am much more at home exercising with the Apparatus than wielding the pen; and therefore having said my say, I will go back to my exercise, merely observing, as the last word, however, that if any of my readers want further details with regard to the matters here discussed, I will give them all necessary information in regard to rowing or any other athletic exercises, either amateurs or professionals, by sending to my address,



Muscular Chest Vanity at its best.—A Fashionable Belle developing her muscles and rounding her outlines by a three minutes pull at the Parlor Rowing Apparatus.



I am aware that it is very difficult to teach mechanical arts by mere description, however plain and graphic; but where actual practical teaching is not attainable, a hint or a bit of sound advice often proves of immense utility. In the use of the Apparatus, then, I wish to do for my pupil what the master does for his apprentice.

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